



Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

WINTER 2014

In This Issue

Dr. Southard

Employee
Recognition

Building Healthy
Communities:
Fifty Years of the
Community Mental
Health Act

Bob Hope Patriotic
Hall Rededicated for
Veteran Services

DMH News

A Final Thought



EMERGENCY OUTREACH BUREAU PROVIDES SUPPORT, ASSISTANCE AND TREATMENT FOLLOWING LAX SHOOTING

The Los Angeles County Department of Mental Health (LACDMH) Emergency Outreach Bureau (EOB) used the Support, Assist and Treat (SAT) model to help LAX airport staff and survivors following the November 1 rampage. Under the direction of Deputy Director Tony Beliz, Ph.D., a disaster plan was implemented at the start of the incident; the EOB Alpha 1 team is dedicated to LAX disaster issues.

The Alpha 1 team worked through Los Angeles World Airport (LAWA) Office of Emergency Management (OEM) and the Transportation Security Administration (TSA) to provide any logistical or treatment services needed every day from November 1st to November 12th. The American Red Cross also maintained a presence to assist those in need.

Although TSA and other employees activated their EAP programs, EOB Alpha teams supported and reinforced their efforts as many employees and witnesses were impacted by the event and welcomed the support, assistance and interventions offered by Alpha 1. LACDMH offered six counseling sessions to survivors and responders that may need additional help.

hope
wellness
recovery

dmh.lacounty.gov





Minds & Matters

From Marvin J. Southard, D.S.W., Director
Los Angeles County Department of Mental Health



Every Mind Matters

Happy New Year! It's finally here – 2014; the first days of the new phase of our evolution as an organization providing mental health care. To me, it feels like the day after I turned 21; my status had changed significantly, but, at least, at first, nothing felt different at all. This bright, brand new year will bring more than its share of changes and challenges: IBHIS will change every facet of our work and how we do it; the fuller implementation of the Affordable Care Act (ACA) will change who we see and how we get paid as a system for what we do; Health Neighborhoods will make us work more closely with a variety of partners; the new ACA substance abuse benefits will allow our colleagues in the Department of Public Health to provide a meaningful substance abuse treatment option at long last; and the new resources available through SB 82 will need to be incorporated in a sensible way.

But some things will remain the same: our focus on hope, wellness and recovery, and the partnerships with families and communities that foster the achievement of those goals will remain constant. Our commitment to making sure that everyone in Los Angeles County who needs mental health services – whatever their ethnic, national or religious background – will deepen. Our reliance on the skills, commitment and passion of our workers – whether they are professional, clinical, clerical, administrative or medical – will remain absolute. And finally, we will remain constant in our view that everyone matters, that every mind that we touch in our work is important to us and to the universe.

During 2014, you will be hearing those phrases a lot: “Each Mind Matters”, “Each Family Matters” or “Each Community Matters” because they will be the catch phrases for our public information campaigns that will aim at letting the public know about the work that we do, and how important that work is for the health of our communities. So once again, Happy New Year! You matter, we matter, everyone matters.

Marvin J. Southard, D.S.W.

hope *wellness*
recovery



Employee Recognition

Retired

September 2013

Charles Kreuter, 15 yrs
Zenobia Turner-Merritt,
35 yrs

October 2013

Dante Rosete, 41 yrs
Delia Orta, 33 yrs
Lewis Webb, 15 yrs
Michael Udeorji, 27 yrs
Pamela Edwards, 12 yrs
Vicki Schofield, 15 yrs

November 2013

Joan-Luise Snyder, 7 yrs

December 2013

Frank Alvarez, 37 yrs
Gilbert Moreno, 29 yrs
Manu Tuuholoaki, 20 yrs
Peter Sperling, 18 yrs
Victoria Valera, 24 yrs

LACDMH HONORS 2013 EMPLOYEES OF THE YEAR

On Thursday, October 10, 2013, the Los Angeles County Department of Mental Health (LACDMH) HONORS Committee celebrated the department's 2013 Employees of the Year at St. Anne's auditorium in Los Angeles. This year, there were five individual award winners along with a team.

The LACDMH Employees of the Year program is designed so employees can honor their extraordinary colleagues. The HONORS Committee is made up of a diverse group of peers who reviewed all the nominations and scored them based on the criteria aligned with LACDMH's mission and values.

Here are LACDMH's Employees of the Year for 2013:

Promotion of Wellness & Recovery:

Maria Salas (Medical Case Worker II, Adult SOC, San Pedro Mental Health Center)

Dedicated Support Services:

Jennifer Hallman (Mental Health Training Coordinator, Program Support/Quality Assurance)

Outstanding Team Work:

Art Empowerment Team – Kendra Lyman (Psychiatric Social Worker I, Adult SOC, Long Beach Child & Adolescent Program) & Jean Lima (Recreational Therapist I, Adult SOC, Long Beach Child & Adolescent Program)

Career Achievement:

Julia Carreon (Mental Health Services Coordinator II, Countywide Resource Management)

Leadership:

Nancy Nowlin-Finch, M.D. (Supervising Psychiatrist, Older Adult SOC, SA5 Edelman Westside Mental Health Center)

Dedicated Direct Services:

Jeffrey Baer (Psychiatric Social Worker I, Adult SOC, Long Beach Child & Adolescent Program)



PQA WINNERS CONGRATULATED BY LA COUNTY SUPERVISORS



On Tuesday, October 22, 2013, the Los Angeles County Board of Supervisors recognized the Los Angeles County Department of Mental Health (LACDMH) and several other departments that received a Top Ten Award from the Quality and Productivity Commission at the 27th annual Productivity and Quality Awards. The awards ceremony was held on Wednesday, October 16th at the Dorothy Chandler Pavilion.

LACDMH was part of two projects that received recognition for enhancing employee productivity and improving the quality of services to the public.

Parents as Partners/Led by the Los Angeles County Public Library with LACDMH, Parks and Recreation, and Probation. Parents as Partners additionally received a Best Teamwork Award.

Prevention and Early Intervention Veteran System Navigator/Led by the Los Angeles County Military and Veterans Affairs with LACDMH. The Prevention and Early Intervention Veteran System Navigator not only received a Top Ten Award but was also honored with a top three Bronze Eagle Award.



BUILDING HEALTHY COMMUNITIES: FIFTY YEARS OF THE COMMUNITY MENTAL HEALTH ACT

By Kathleen Piché, L.C.S.W., Public Affairs Director

On Friday, October 25, 2013, the Los Angeles County Department of Mental Health (LACDMH), LA County Board Chair/Supervisor Mark Ridley-Thomas (District 2), Kedren Community Mental Health and the LA County Arts Commission commemorated the 50th Anniversary of President John F. Kennedy's Community Mental Health Act.

Over 200 dignitaries, mental health staff and clients gathered at Kedren to view a video artwork and giant sand tray created by artist Kim Abeles for the event. The artist worked with Kedren clients to weave together movies of children's hands as they played in sand trays and photos of nature and historical politics to produce the stunning video art wall.

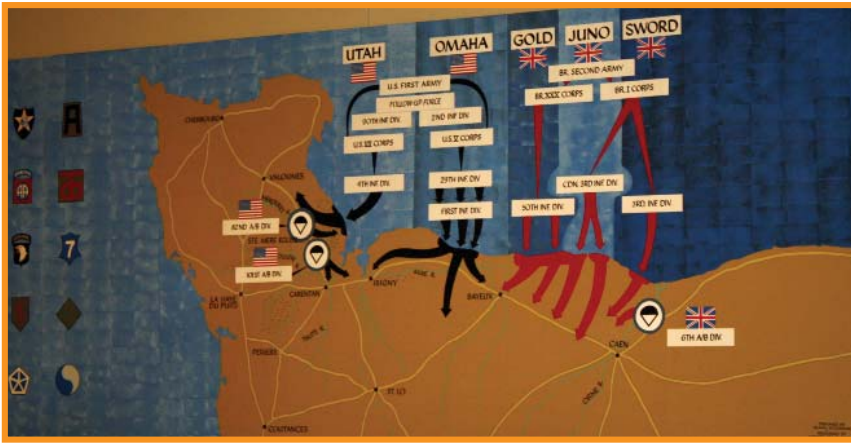
In 1963, President John F. Kennedy signed the historic Community Mental Health Act into law. This legislation, and the words he used to describe it, provided the foundation for contemporary mental health policy. Local agencies such as Didi Hirsch, Gateways, Central City (Kedren), Pacific Clinics, San Fernando Valley Mental Health Centers, Inc. and Hillview all received federal dollars as a result of the Community Mental Health Act.

John H. Griffith, Ph.D., President/CEO, Kedren Community Mental Health Center, kicked off the morning with an introduction and welcome. Then Dr. Griffith introduced Supervisor/Chairman Mark Ridley-Thomas, who spoke on the importance of JFK's legislation, including the war on poverty and on building community. Marvin Southard, D.S.W., LACDMH Director, followed. He spoke about the impact of JFK's death and realizing at that moment that, for him, serving the community would be the highest form of service one could do, and knowing that is what he would do with his life.

Laura Zucker, Executive Director, Los Angeles County Arts Commission, spoke on the impact that art has on communities – bringing them together and creating a higher esthetic for all. Kim Abeles, the artist behind the community sand tray and artwork, spoke of her process, observing the photos of Kennedy actually signing the legislation and of the children's hands as they played in the sand trays. She connected the two by noting that without the first, we couldn't have had the second. Kim invited all in attendance to interact with the artwork and sand tray. All speakers underscored the power of treating each other with integrity and respect in creating a better life for the individual and the community.

Attendees got a chance to reconnect with old friends and make new acquaintances, building and reinforcing community ties among those that serve persons with behavioral health issues in Los Angeles County.

A lunch reception followed and music was provided by Dawn Norfleet, flutist, vocalist, composer and arranger.



BOB HOPE PATRIOTIC HALL RE-DEDICATED FOR VETERAN SERVICES

By Kathleen Piché, L.C.S.W., Public Affairs Director

On Friday, November 8, 2013, hundreds of local dignitaries, veterans, community leaders and civilians gathered to celebrate the re-dedication of Bob Hope Patriotic Hall in downtown Los Angeles.

The Los Angeles County Board of Supervisors and the Department of Military Affairs sponsored the ceremony and luncheon that followed. The dedication follows seven years of planning and refurbishing of the iconic Roman and Italian 10-story building, which got a \$45,000,000 makeover. Part of the makeover included a mural created by famed artist Kent Twitchell, commissioned by the LA County Arts Commission.

Fritz Coleman served as Master of Ceremonies and Brigadier General Ruth Wong, Director of L.A. County Military and Veterans Affairs, welcomed the attendees. Director Wong explained that the hall will provide needed services for veterans, such as legal assistance and mental health treatment.

Comments were made by L.A. County Board Supervisors Gloria Molina (First District), Don Knabe (Fourth District) and Michael Antonovich (Fifth District). Notable speakers included L.A. Mayor Eric Garcetti and Col. Joseph N. Smith, U.S. Marine Corps. (Ret.).

The sixth floor of the hall houses the LACDMH Adult System of Care VALOR (Veterans and Loved Ones Recovery) program, headed by Carl McKnight, Ph.D., Program Head. The VALOR program aims to serve the one million veterans in L.A. County that may need mental health services, benefit establishment, employment and education assistance, peer support, collaboration with other Veteran Service Organizations, referrals for children and family support and housing. Dr. McKnight and 13 staff members, which include psychiatric social workers, community workers and a clinical psychologist, moved into the beautiful refurbished building on October 1, 2013.

Built in 1925 and dedicated to the veterans of Los Angeles County, Patriotic Hall was originally erected as a meeting place and resource center for veterans of the Civil War, Spanish-American War and World War I. Designed by Allied Architects Association, the building is eligible for the National Register of Historic Places and has been placed on the State's Register of Historic Resources. The building was re-dedicated in honor of Bob Hope, who entertained U.S. troops around the world from 1941-1990, on November 12, 2004. Read more on the history and upgrade of Bob Hope Patriotic Hall here: <http://bobhopepatriotichall.lacounty.gov/>



NAMI WALK BREAKS FORMER RECORDS

“Improving lives and our communities one step at a time.” This is the goal of the National Alliance on Mental Illness (NAMI). LACDMH staff were part of the record-breaking 4,000 others who helped NAMI move toward their goal on October 5, 2013, at the 11th annual Los Angeles area NAMIWalk. One of the largest and most successful mental health awareness fundraising events in America, the walk took place at the Third Street Promenade to raise money for NAMI.

At LACDMH headquarters, many of us experienced NAMI fundraising efforts over the past few months; participating in raffles, ice cream socials, nacho bars and silent auctions. All your efforts have paid off. The goal for this year was up \$100,000 from last year's to bring the grand total this year to \$400,000. As of October 8th, ninety-two percent of this year's goal had been met, making it a safe bet that NAMI will meet and most likely exceed the \$400,000 mark.

“There was a unifying and uplifting feeling during the walk,” said Shelly Hoffman, who organized the event this year. “When the New Directions Veterans Choir sang Stand by Me, it was plain what it was all about – standing by one another.”

Congrats to all the LACDMH teams, especially team ASOC (Adult System of Care) who exceeded their goal of raising \$6,000 and raised \$7,735.10 to be the number five ranked team in L.A.

Jim Randall, part of the San Fernando Valley Chapter, won first prize in the t-shirt contest. He received a \$25 gift certificate to Trader Joe's. About the design of the superhero-themed shirt, Jim said, “One of my Family-to-Family graduates, Kigan St. Martin, is a clothing designer. So I asked him if he could find a graphic with a superhero. Then, he put that in with the text that I gave him. Another Family-to-Family graduate, Sara, has a friend who prints t-shirts. I asked for orange since I like that better than yellow or blue. The rest is history.”

USC STUDENTS HOST MENTAL HEALTH DISCUSSION

Two University of Southern California (USC) students, Danny Lee and Patra Childress, hosted *Mental Health: A Dialogue at the USC Tutor Campus Center* on October 5, 2013, in honor of National Mental Health Awareness Week. Lee and Childress co-founded Free Minds, a student organization encouraging creative expression for those experiencing symptoms of mental illness. The event engaged the USC community in a discussion on the quality and effectiveness of behavioral health resources available to students off and on campus.

An impressive group of panelists included representatives from various student departments at USC and community services, such as Didi Hirsch and LACDMH, including: Jeremy Royce, Independent Filmmaker and USC Graduate; David Baron, M.D., Professor and Executive Vice Chair, Psychiatry, Keck School of Medicine; Sabrina Brown, Officer, USC Public Safety; Ilene Rosenstein, Ph.D., Engemann Student Health Center Director; Christina Davis, Director, Office of Residential Education; Grant Burlew, Assistant Director, Office of Residential Education; Emily Sandoval, Assistant Director, East Area, Office of Residential Education; Lynette Merriman, Assistant Provost for Student Affairs, Support and Advocacy; Sandri Kramer, Director, Didi Hirsch Suicide Prevention Center Crisis Hotline; Kalan Leaks, Chemical Engineering student; and Elyn Saks, Orrin B. Evans Professor of Law, Psychology and Psychiatry, USC Gould School of Law, author of *The Center Cannot Hold*.

Free Minds gives people an avenue to express their mental illness through written and spoken mediums, and aims to reduce the stigma associated with mental illness and empower those who suffer from it. For more information, visit: uscfreeminds.com

hope wellness recovery

LACDMH Mission

Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.

Our Values

Integrity: We conduct ourselves professionally according to the highest ethical standards.

Respect: We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

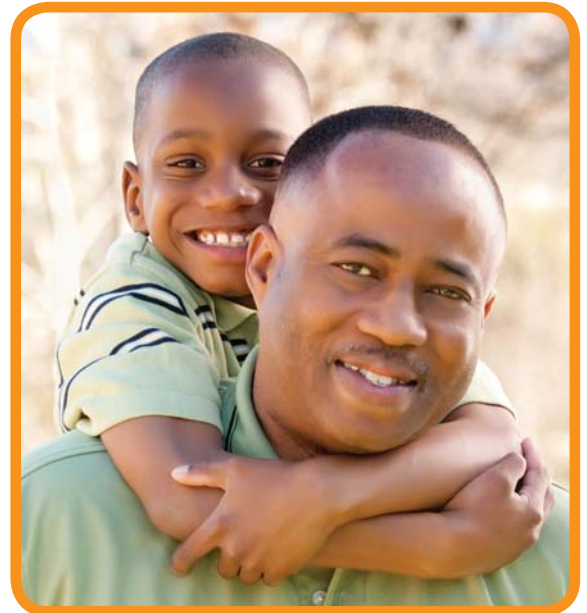
Accountability: We take responsibility for our choices and their outcomes.

Collaboration: We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus, and sharing decision-making.

Dedication: We will do whatever it takes to improve the lives of our clients and communities.

Transparency: We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

Quality and Excellence: We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.



Los Angeles County
Department of Mental Health
is dedicated to partnering with
clients, families and communities
to create hope, wellness and recovery.



<http://dmh.lacounty.gov>

**Los Angeles County
Board Of Supervisors**

William T Fujioka,
Chief Executive Officer
Gloria Molina, First District
Mark Ridley-Thomas,
Second District
Zev Yaroslavsky, Third District
Don Knabe, Fourth District
Michael D. Antonovich, Fifth District

**Los Angeles County
Mental Health Commission**

Terry G. Lewis, MS - Exec. Director
Larry Gasco, PhD, LCSW - Chairman
Herman DeBose, PhD - Vice Chair
Delores Huffman - Secretary
Frank C. Baron - CALMHB/C
Coordinator
Barry Perrou, PsyD – Member-at-
Large
Victoria A. Sofro – Member-at-Large
Jerry Lubin, AICP, Past Chair
Howard Askins, MD, JD
Judy A. Cooperberg, MS CPRP
Arnold L. Gilberg, MD, PhD
Hayward McNeill, MPH

**Los Angeles County
Department of Mental Health**

550 South Vermont Ave., 6th Floor
Los Angeles, CA 90020
<http://dmh.lacounty.gov>

Director: Marvin J. Southard, DSW

Editor-in-Chief:
Kathleen Piché, LCSW

Contributors:
Karen Zarsadiaz-Ige, PIO II,
Kimberli Washington, ITC/PIO,
Vienna To, ITC/PIO

Minds & Matters is published by the
Los Angeles County
Department of Mental Health.
For article ideas and submissions,
e-mail kpiche@dmh.lacounty.gov
or fax to (213) 383-8284.



A Final Thought



THE PATH TO HOPE, WELLNESS AND RECOVERY BY KATHLEEN PICHÉ, L.C.S.W., PUBLIC AFFAIRS DIRECTOR

Hope, wellness, recovery — this is the L.A. County Department of Mental Health's mantra and goal for all who may need it. But, how does one begin on the road to recovery? This is a question that is asked over and over again by people I meet "on the street" and one worth discussing.

Finding hope. We must first see the light in order to follow it. The possibility of "being well" must occur before the journey can begin. To have that, people need to believe that their own recovery is not only possible but attainable on some level. One way we have found of encouraging others to see the light is to present them with stories of those on a successful journey of recovery — with speakers bureaus and in written and filmed formats. By listening to stories of those well-traveled on the road to wellness, who have conquered seemingly impossible odds, others realize they are not alone in their struggles and are able to take advantage of resources around them. A friend once told me that he didn't know where to look for help with his own depression until he saw an interview with Dick Cavett, who stated, "I don't know what it is to feel joy." My friend was shocked because he couldn't believe that someone who looked great and was so accomplished could feel exactly the way he did. Watching this interview prompted him to seek help.

Finding wellness. Following the realization that feeling better is possible, how do we find the resources that will support and guide one to improved health, wellness and ultimate independence? All of us need guidance from time to time, on everything from emotional, physical, spiritual health to practical and financial matters. How do we find the best advice? The first step is looking for it — then embracing what works for us in a positive manner. Effective resources are, of course, essential, which is why a variety of programs are necessary in our mental health communities. One-on-one treatment, group therapy and medication have always been important. And our clients acknowledge the value of these resources. However, some of them cite activities such as a Zumba class or group outings as being just as valuable. Words of guidance are also important because although we may hear the same words of advice many times, we cannot incorporate those words until we are really ready to hear them. If you are still looking for hope, you may not grasp the concept of "failing is part of recovery," but when you are further along, it will make much more sense.

Finding recovery. When truly motivated to utilize support and resources that are available, recovery happens, even to those who may have been homeless for years, relied on substances to numb their reality and/or struggled to live through another day due to debilitating psychiatric symptoms. A client in recovery comes to mind, having survived homelessness, addiction, gangs, having her children taken away, bipolar disorder, PTSD and suicidal thoughts. She says it best: "Nothing is impossible." She took what looked to be impossible and made it possible, with help and guidance. And, those in recovery can attest that part of recovery includes helping others who are struggling; being an advocate is the final piece of the healing cycle.